

Tamaya Wellness Program

August 2016

Classes/activities will be held at the Tamaya Wellness Center. If questions, call JoAnna @ 771-6763

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9am Yoga 10 am H2O Aerobics 6pm Zumba	2 9:30am Aging Well 12pm Power Hour 5:15pm Yoga 6:30pm Boot Camp	3 9:30am Aging Well 10 am H2O Aerobics 5:00 pm Kickboxing 6pm Zumba	4 12pm Power Hour 5:30pm Toning 4 Women 5:30pm H2O Aerobics 6:30pm Boot Camp	5 9am Senior Walking & Sit and Be Fit 10 am H2O Aerobics 5pm Spinning	6 9am Zumba Gold Acoma Crossroads
7 10am Zumba 1 pm H2O Aerobics	8 9am Yoga 10 am H2O Aerobics Nutrition 101 6pm Zumba	9 9:30am Aging Well 12pm Power Hour 5:15pm Yoga 6:30pm Boot Camp	10 9:30am Aging Well 10 am H2O Aerobics 5:00 pm Kickboxing 6pm Zumba	11 12pm Power Hour 5:30pm Toning 4 Women 5:30pm H2O Aerobics 6:30pm Boot Camp	12 9am Senior Walking & Chair Volleyball 10 am H2O Aerobics 5pm Spinning	13 9am Zumba Gold
14 10am Zumba 1 pm H2O Aerobics	15 9am Yoga 10 am H2O Aerobics 6pm Zumba	16 9:30am Aging Well 12pm Power Hour 1:30 Diabetes Support Group 5:15pm Yoga Cooking Class 6:30pm Boot Camp	17 9:30am Aging Well 10 am H2O Aerobics 5:00 pm Kickboxing 6pm Zumba	18 12pm Power Hour 5:30pm Toning 4 Women 5:30pm H2O Aerobics 6:30pm Boot Camp	19 9am Senior Walking & Sit and Be Fit 10 am H2O Aerobics 5pm Spinning	20 9am Zumba Gold
21 10am Zumba 1 pm H2O Aerobics	22 9am Yoga 10 am H2O Aerobics Cooking Class 6pm Zumba	23 9:30am Aging Well 12pm Power Hour 5:15pm Yoga 6:30pm Boot Camp	24 9:30am Aging Well 10 am H2O Aerobics No Kickboxing SA Crossroads 6pm Zumba	25 12pm Power Hour 5:30pm Toning 4 Women 5:30pm H2O Aerobics 6:30pm Boot Camp	26 9am Senior Walking & Chair Volleyball 10 am H2O Aerobics 5pm Spinning	27 9am Zumba Gold
28 10am Zumba 1 pm H2O Aerobics	29 9am Yoga 10 am H2O Aerobics Nutrition 101 6pm Zumba	30 9:30am Aging Well 12pm Power Hour 5:15pm Yoga 6:30pm Boot Camp	31 9:30am Aging Well 10 am H2O Aerobics 5:00 pm Kickboxing 6pm Zumba	<p><u>PUEBLO CROSSROADS</u></p> <p>Acoma: 8/6 Registration 10:30 am, Start 11:00am Jeremy Chino 505-552-5134</p> <p>Santa Ana: 8/24 Registration 5:30pm, Start 6pm Jemez Canyon Dam Picnic Area</p>		

Class Descriptions

Aging Well	Designed for seniors...this class is a perfect opportunity to work at your own pace to maintain bone density and improve flexibility. Incorporates chair exercise and balance training. (Instructor: Dubra Karnes-Padilla)
Boot Camp	Combines cardio and strength training for a full body workout using the Bosu, medicine balls, and weights. An excellent way to improve muscular strength, endurance, and power. All levels welcome. (Instructor: Isaac Leon/Lance Ami)
Cooking Class	Join us for a fun hands-on cooking class! Learn new skills and techniques for cooking with new and familiar foods. Class size limited to 10: to register call 771-6763. (Instructor: Jan Laird)
Diabetes Support	Monthly support group meeting to provide encouragement, comfort, advice and educate people with diabetes. TWC Conference Room #120 (Wellness Program staff: Kathryn Herrera)
H2O Aerobics	Exercise in the pool...A low-impact workout to improve flexibility, balance, strength, cardiovascular and stress relief.
Kickboxing	Come try one of the most popular fitness trends and kick, jab, cross, hook and uppercut your way to a fitter you! (Instructor: Marcus Blackwell)
Nutrition 101	Stop and visit Angela in the TWC lobby to learn about various nutrition topics to help you and your family eat well.
Power Hour	Join us for 15 min. of core conditioning followed by a quick 30 minute moderate to high intensity circuit! A fast, & effective way to lose excess body weight & fat. Modifications available for all levels. (Instructor: Lance Ami)
Spinning	Jump on a bike and start pedaling...this class provides a great cardio workout while still catering to participants of all fitness levels. (Instructor: Marcus Blackwell)
Toning for Women	A non-intimidating 30 minute class, have fun with different exercises using resistance bands, body weight, light dumbbells, and more! (Instructor: Lance Ami)
Yoga	Yoga can help transform your mind and body and is great for reducing stress. Become more flexible, enhance your balance and stability, and leave you body feeling relaxed and more centered. (Instructor: Jennifer Harris)
Zumba	Ditch the workout.. Join the party! Zumba combines high energy and motivating music with moves and combinations that allow you to dance away your trouble zones. (Instructor: Kendra Kee/Carmen Morin)
Zumba Gold	Beginner? You can still join the party! Zumba Gold is for beginners, intermediate and baby boomers, slower paced 45-minute class. (Instructor: Carmen Morin)

